BLIZZARD BICYCLE RIDE√

TRIATHLON

DeclinefLy 15*150,10*160lb.,8*170,6*180,4

*190lb.Benchpress 15*375ppunds,10*379lb.,8*381,7*391,6*415,4*450lb.,16*416lb.

PuLLover 15*85,10*95lh.,8*105,7*110pounds,6*115,4*125lb.

Bentoversrows 15*200,10*205lb.,8*210lb.,6*215,5*216,4*219lb.

Dips 5

*10@202lb.China 5*10@203lb.

AMRAP\HETEROPRIDE-CAROLYNXENA/FAILZONE

DeadLift 16*300lb.,11*310pounds,7*315pounds,4*440lb.

Cleanjerk 2

*135poundsSnatch 1*1@130lb.

Power curls 3*201,3*101,3

*202poundsSquats 5*15@500 lb.

Lunges 5

*15@151 lb.Legextensions 5*15@240lb.

LegcurLs 5

*15@120lb.Calf 16*2000,16*1600pounds,16*2000 lb.,16*1600lb.,16*2000,16

*1600 poundsFrontsquats 15*200,10*250lb.,8*260,6*270,5*275lb.,4*280pounds,16*279.2lb.

875 Neck Abs√

Legraises-up&circular5

*25√√√√√Wing Chun√Tae Kwon Do√Tri-SetAbductor/Adductor 5*20@200 lb.

Abductor 5

*20@211 lb.Abductors 5*20@212 lb.

Interjecting Jogging g between exercises,sets,& REPETITIONS, YAHWEH ✓

Dynamic Stretching√

Static Stretching ✓

This is a highly intensive, multi-modality workout combining **bodybuilding**, **Olympic lifting**, **triathlon prep**, and martial arts techniques with both dynamic and static stretching and heavy integrated cardio elements throughout. The session involves heavy compound lifts, isolation work, frequent interjection of jogging, and high-rep endurance for core and neck, tailored for maximal hypertrophy, strength, and conditioning adaptation.

Structure Breakdown

Strength and Hypertrophy Sets

- **Bench Press:** Very high intensity with multiple sets over 350 lbs, peaking at 450 lbs for 4 reps, including a high-volume set of 16 at 416 lbs—these are maximal hypertrophy and sustained strength-building parameters.
- **Deadlift:** Rep scheme transitions from volume (16 reps at 300 lbs) to peak intensity (4 reps at 440 lbs), targeting both endurance and max output.
- **Squats/Front Squats:** Extensive volume (5 sets of 15 reps at 500 lbs, plus high-rep/weight front squats up to 280 lbs), emphasizing both hypertrophy and maximal leg/hip strength.
- **Accessory Movements:** Bent-over rows, pullovers, lunges, leg extensions/curls, and calf raises show both single-joint and multi-joint approaches for balanced muscle development.

Olympic and Power Movements

- **Clean & Jerk and Snatch:** Single sets (2 reps at 135 lbs, 1 at 130 lbs) maintain power output and technique under fatigue, useful for athleticism and functional strength.
- **Power Curls:** Multiple sets at very high weights (above 200 lbs), suggesting a focus on explosive elbow flexion and grip strength.

Conditioning and Cardiovascular

- **Blizzard Bicycle Ride / Triathlon:** Implies strong cardio foundation before or after lifts; overall session is highly aerobic/anaerobic.

- **Jogging Between Sets/Reps:** Maintains continuous cardio stimulus, boosting metabolic conditioning and active recovery.

Bodyweight and Martial Arts

- **Dips/China (chin-ups):** Moderate-to-high rep volume at bodyweight plus overload, amplifying upper-body strength and endurance.
- **Leg Raises, Neck, Abs:** High rep endurance sets (5x25+) for trunk stability and neck, important for combat sports and injury prevention.
- **Wing Chun/Tae Kwon Do:** Skill drills and technique strands for agility, mobility, and sport specificity.

Flexibility, Mobility, and Rehab

- **Abductor/Adductor Work:** High-volume tri-set for hip stability and flexibility, supporting injury-proofing and martial performance.
- **Dynamic/Static Stretching:** Ensures both pre- and post-exercise tissue health.

Training Modalities Table

Modality	Key Example(s)	Rep/Set Scheme	Purpose
Strength	Bench/DL/Squat/Row	4–16 reps, progressive loads	Maximal output & hypertrophy
Olympic Lifts	Clean & Jerk, Snatch	1–2 reps, peak power	Explosive strength
Bodyweight/Core	Dips, China, Abs/Neck	5x10–25 reps	Trunk and grip endurance
Leg/hip	Lunges, Extensions/Curls	5x15–20 reps	Volume for functional stability
Martial Arts	Wing Chun, TKD drills	√ (unspecified)	Technique & sport performance
Stretch/Cardio	Jog/Stretch/Blizzard Ride	Throughout session	Mobility, active recovery

Notable Features

- **AMRAP/Failzone:** Incorporates as-many-reps-as-possible sets for neural and muscular burnout, sometimes labeled “Heteropride-Carolynxena” as a custom circuit/failure protocol.
- **Interspersed Cardio:** Unique to this session, jogging between sets/reps keeps heart rate high and ensures multi-zone adaptation (strength, conditioning).
- **Neck/Abs Volume:** High rep endurance tailored for combat athletes.
- **Stretching/Recovery:** Dynamic stretching at multiple points, crucial for tissue integrity given session volume.

Program Classification

- This regimen is a **hybrid**, combining **bodybuilding hypertrophy**, **strength/power**, **athletic conditioning**, and **martial technique strand**, with professionally demanding volume and intensity.
- It is not strictly a bodybuilding or pure strength routine; the integrated cardio and martial arts elements elevate it to multi-sport and cross-discipline specificity.

This session, which includes both advanced lifting and sport technique, is suitable only for highly trained athletes and should be scaled for safety and capacity.